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Healthy boundaries are the limits we set to protect our wellbeing. They help us feel safe, respected, and balanced in our relationships and daily life.

1 The Red, Amber, Green Exercise

- Red Zone: Things that feel unsafe, harmful, or unacceptable.
- Amber Zone: Things that drain my energy or make me uncomfortable.
- Green Zone: Things that nourish me and feel respectful.

♠ My Boundary Statement Use this space to write one statement about the kind of boundaries you want to protect: